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Sexual Assault Awareness Month: Walk in D.C. 2011

By Senior Airman Steele C. Britton Joint base anacostia-bolling Public affairs

Sexual assault survivors, victim advocates, response coordinators and supporters of preventing the 'silent crime' participated in this year's Sexual Assault Awareness Month (SAAM) Walk in D.C. at the National Mall.

Beginning at Freedom Plaza, more than 50 walkers took a lane of Pennsylvania Avenue Northwest, escorted by the Metropolitan Police Department, and journeyed more than a mile toward the National Capitol building.

"Sexual Assault is the most underreported violent crime," said Naval District Washington (NDW) Sexual Assault Response Coordinator (SARC) Jean Wertman, Joint Base Anacostia-Bolling Warfighter & Family Services. "Its insidious touch reverberates throughout the survivor's life and those who love them."

U.S. Coast Guard, Marine Corps, and Navy members along with their victim advocates participated in the walk as well as a representative from Department of Defense (DoD) Sexual Assault Prevention & Response Office. Also in attendance were those from the D.C. Rape Crisis Center and the Maryland Coalition Against Sexual Assault.

"In order to shed light upon this silent epidemic the military services' SARCs in the National Capital Region sponsored an awareness walk in the Washington area," said Wertman. "The goal of the awareness



News and information for and about the premier

walk was to raise understanding of sexual assaults not only in the military but in society."

Following the walk, participants gathered at the Upper Senate Plaza where organization representatives spoke on preventing the crime, a sexual assault survivor

Sexual Assault Awareness Month (SAAM) Walk in D.C. 2011 participants walk near the National Capitol building April 7 in Washington. Local Sexual Assault Response Coordinators, sexual assault survivors and supporters walked more than a mile from Freedom Plaza to the Upper Senate Plaza in support of SAAM. To see all photos of the event, visit www.jointbase.us

(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON)

shared her story, and Navy leadership from the Pentagon spoke.

"Preventing suicides and sexual assault are two of the highest priorities in the military," said Rear Adm. Michael Browne, Per-

See WALK, Page 3

Potomac Watershed Cleanup

SENIOR AIRMAN SUSAN MORENO JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

Joint Base Anacostia-Bolling members came out in droves on Saturday morning for the Potomac Watershed Cleanup April 9, with a chili cook-off and a blessing of the fleet ceremony immediately following the cleanup effort.

More than 200 JBAB Airmen and Sailors collected 1,000 pounds of trash and 760 pounds of recyclables from the watershed.

The Alice Ferguson Foundation provided bags for the

See CLEANUP, Page 4



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO)

Joint Base Anacostia-Bolling members scan the Potomac watershed near the Slip Inn for garbage and debris April 9 as part of the annual Potomac Watershed Cleanup effort.

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Technology helps conserve energy within NDW

By Tracey Gold Bennett NAVAL DISTRICT WASHINGTON PUBLIC AFFAIRS

Smart meters, integrated networks and green buildings equal energy savings for Naval District Washington (NDW). NDW is continuing to play an active role in energy conservation by reducing its carbon footprint with the aid of smart technology.

Perhaps one of the most innovative uses of technology in the conservation of energy at NDW is the smart meter. The meter digitally reports on the progress and operation of utility systems in buildings on NDW installations.

"The Energy CONOPS (Concept of Operations) that we've come up with gives us the ability to look at buildings to be proactive and to see when a facility is not working the way that it should," said David Capazzoli, Utility and Energy Product Line Coordinator for Naval Facilities Engineering Command (NAVFAC) Washington.

"We try to resolve the problems with the control software (at the Regional Operations Center -- ROC) and issue a service ticket to the maintenance contractor to be prescriptive," said Capozzoli.

Troubleshooting and diagnostic information comes via a smart metering system. Capozzoli says the meters capture 95% of the energy use and help NDW be more efficient.

"For example, if something's hot in building 101, now we have the ability to get an alarm that something happened in a building, and we might be able to fix it from the ROC without calling in a maintenance team to fix it," he said.

In 2009, funding was awarded for an

automated meter infrastructure contract which put smart meters on NDW buildings. Smart meters are deployed on every building over 10,000 square feet at the Washington Navy Yard, and Naval Support Activity South Potomac as part of a new Smart Energy pilot project. More bases will be on-line in fiscal years 12 and 13.

"When you think about us establishing this network for command and control, wired and wireless support, now we're leveraging that technology to support the advanced meter project," said Jeff Johnson Command Information Officer for NDW.

This smart metering system pulls in meter data at intervals to determine a building's energy consumption, which virtually eliminates the need for a person to go to every building and read the meters. The information is then networked via a "mesh" system. The connection can be monitored at the ROC.

"With the mesh network all those meters communicate back to a central point and the point that we're connecting to is the Public Safety Network PSNET, monitored in the Regional Operations Center, the ROC," said Capozzoli.

The Greening of Buildings in NDW

Structures at NDW are not only networked but – entire buildings are going green like Building 70A at NSA Bethesda and the the Pass and ID Office and Building 200 at the Washington Navy Yard (WNY).

The Building 70A renovation project included the installation of state-of-the-art, energy-efficient architectural, civil, mechanical, plumbing, and electrical sys-

tems. Energy-conserving lighting systems were added throughout the facility to reduce environmental impact.

For instance, motion detectors and ambient light sensors were deployed throughout the building which dim or switch off overhead lights when a room is either unoccupied or already sufficiently lit.

As a result of these efforts, the completed structure is an energy-efficient and LEED-certifiable facility that conserves energy, reduces waste, lowers operating costs, and demonstrates commitment to sustainable design.

Last week, the Deputy Assistant Secretary of the Navy for Energy (DASN Energy) Tom Hicks toured the NAVFAC initiated "Net-zero" energy building project at the WNY Pass and ID office. The building is designed to be as energy neutral as possible, in other words, to produce as much renewable energy as is purchased from the traditional grid.

Likewise, in November, the red ribbon came down unveiling Building 200, WNY's newest high-tech, "green" building. Some of Building 200's "green" features

Some of Building 200's "green" features include a white reflective roof for cooling, storm water plant with bio-retention filter, bamboo doors, indigenous plants, xeriscaping (landscaping with plants which can survive with less water in dry climates), and a bike rack.

The building was designed to meet LEED (Leadership in Energy and Environmental Design) Silver certification; the second highest certification level by the United States Green Building Council (USGBC).

"All new buildings that are being renovated by NAFVAC are being built to LEED

standards," said Capozzoli. "There are a lot of energy saving concepts to get to LEED level."

Buildings or communities that are LEED certified meet green standards including energy savings, water efficiency, CO2 emissions reduction, and improved indoor environmental quality.

"We're also going to connect it [Building 200] to the PSNET so that someone can watch it and make sure that it is operating the way it's supposed to and resolve issues before they become large problems."

Naval District Washington is aggressively pursuing innovative technological solutions in our efforts to conserve energy, protect the environment and preserve natural resources.

"We are a leader in the DoD in using technology to make conservation a nobrainer, meaning it is invisible and painless to the building occupants. Nevertheless, everyone can still do their part by shutting off all electrical devices when not in use," said Capt. Ramé Hemstreet, commanding officer of NAVFAC, Washington.

The Navy and the Department of Defense comply with building sustainability targets set out by Executive Order 13423 and Secretary of the Navy Ray Mabus' energy goals. Bases and facilities will be required by 2015 to produce at least half of all shore based energy requirements through the use of renewable sources, including wind, ocean and solar; and, by 2020, use alternative sources to provide 40 percent of the Navy's total energy consumption.

More information on Naval Facilities Engineering Command projects is available online. www.navy.mil/local/navfachq/

Wounded Warriors: Conquering obstacles, winning

By Tracey Gold Bennett NAVAL DISTRICT WASHINGTON PUBLIC AFFAIRS

At a time when jobs are scarce and the pool of talent is more like a raging river – Marine Sgt. Jared Bolhuis is riding high on

the rapids.
"I've had too many offers to count, federal agencies, private sectors all amazing jobs - not just being a manager on a factorv line," he said.

Bolhuis, who has spent six years in the Marines, said the position he'll likely accept will be related to Homeland Security. An infantry heavy machine gunner, Bolhuis suffered a traumatic brain injury and has been treated at the National Naval Medical Center (NNMC) over the last two

"In 2008, while on an eight-month deployment in Afghanistan, I was involved in two close proximity explosions that knocked me out. Because of that I am receiving treatment for a traumatic brain injury (TBI)," Bolhuis said.

At NNMC, Bolhuis has participated in the Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program, which has helped him define his career goals and craft his resume.

Human Resources Advisor and Wounded Warrior Program Manager Laura Stanek said HRO-W is a one-stop shop for wounded warrior federal employment assistance.

"Jared Bolhuis came to HRO-W last year needing assistance with a resume for an internship," said Stanek. "Over time, I got to know a little about what Jared's interests are and how he is using his rehabilitative time to explore them. I am very impressed with this young Marine. He is an innovative thinker and someone who has a very bright future ahead of him.'

In his spare time, while he wasn't seeing doctors or working with Stanek, Bolhuis, an avid outdoorsman, took up kayak-

"I never did any whitewater until I came to Bethesda and got involved with Team River Runner," he said. "I have encountered many different types of [people with] injuries and disabilities on the team. We taught a blind man, amputees and other people with TBI to run class three rapids.

Rapids range from class one, with little or no obstructions, to class six, which are extremely dangerous. Class three rapids are characterized by narrow passages and

Helping his fellow wounded warriors with prosthetics, Bolhuis came up with a design for a special paddle that can move in any direction, gaining strong control and propulsion through the water.

Recently, a wounded expressed interest in learning to paddle. He lost all four of his limbs and there wasn't a paddle to assist him ... until now," said Bol-

For several months, Bolhuis poured over different ideas to help the injured

"Finally, late one night, I had a completely random idea. Instead of trying to find a way to paddle to move in all directions, I designed a paddle that wouldn't have to," he said.

Bolhuis went on to explain his faith and family are what keep him going.



Marine Sgt. Jared Bolhuis, a Wounded Warrior and traumatic brain injury patient at National Naval Medical Center in Bethesda indulges in his favorite past-time, white water kayaking. Bolhuis, has been flooded with federal and private sector job offers following his participation in the Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program. Bolhuis developed a special prosthetic paddle so his fellow Wounded Warriors could join him on his kayaking expeditions.

'The thing that helped me was finding my center and the whitewater. I always had the river to bring me back," he said, adding, "I've got friendships that will last a lifetime not just in the Marines, but the Navy, Army and Air Force – with all types of injuries. I tell them to have faith."

The Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program is dedicated to assisting wounded warriors and disabled veterans from all branches of service with transition to federal civilian employment.

For more information on the wounded warrior program, contact Stanek at 301-319-4589 or at laura.stanek@med.navy.mil, or contact HRO-W Director Wendy Blankenship at wendy.blankenship@

WALK

■ Continued from Page 1

sonal Readiness and Community Support Branch director. "It's been a thrill for me over the past year to get to know the level of commitment and the professionalism of the people, just like yourselves, that are trying to support the victims of crimes or try and help prevent crimes that are taking place, and I want to thank you for the great work that you do."

A tradition of the releasing butterflies into the wild finalized events for the camaraderie and awareness

The butterflies were carried during the walk and then released by Admiral Browne and Ms. Wertman, symbolizing the long journey a victim of sexual assault takes until they are free from being sheltered in everyday life.

The DoD's theme for SAAM states, "Hurts one. Affects all. Preventing sexual assault is everyone's duty."

If someone has been sexually assaulted, victim advocates, SARCs, medical personnel, and chaplains are available to talk to. The DoD in partnership with the Rape, Abuse & Incest National Network has launched the Safe Helpline. The person seeking assistance can receive help with just a click, call or text. By accessing the Safe Helpline, the survivor or support person can find out information about the Sexual Assault Prevention Response program. The Safe Helpline can be accessed online at www.Safe-Helpline.org, by calling 1-877-995-5247 or by text message at 55247.

For sexual assault victims in the NCR, the Air Force District of Washington (AFDW) SARC may be contacted at (202) 767-7272 or 1-877-316-4680. The NDW SARC may be contacted at (202) 685-1171 or (202) 275-0843. The 24/7 NDW Victim Advocate may be contacted at (202)258-6717. The AFDW and NDW SARC along with the victim advocates are here to assist any victim of sexual assault no matter what service or affiliation.

Did You Know?

*Since 1904, more than 4 million Sailors, Marines and their families have received \$1.1 billion in interest-free loans and grants from the Navy-Marine **Corps Relief Society**

*Over 39,000 Air Force members and their families were helped with more than \$18.3 million in assistance last year from the Air Force Aid Society.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING WASHINGTON, D.C.

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Technology Insertion secures Navy's perimeters, enhances ATFP

By Tracey Gold Bennett NAVAL DISTRICT WASHINGTON PUBLIC AFFAIRS

Like a vintage Porsche souped-up with the latest features, historic buildings and structures throughout Naval District Washington (NDW) boast some of the most cutting edge technology key to NDW's Anti-Terrorism Force Protection (ATFP) Program.

Jeffrey Johnson Command Information Officer for NDW drives the Virtual Perimeter Monitoring System (VPMS,) a wireless network of sensors and cameras deployed around the installations that allow remote monitoring of activity around the fence line.

In the EOC (Emergency Operations Center) and in the ROC (Regional Operations Center) we have this private network that's only accessible to that network." Johnson said. "We restrict access to the people that are operators of the system and administrators.

Cameras on the VPMS, act as sensors (via video analytics) and are monitored from the installation command centers around the clock said Johnson.

We can create trip wires and loiter areas using video analytics," he said. "The camera sees if someone crosses an area, or has been sitting there for too long and detects it," said Johnson. "In the command center [when someone trips the wire or loiters] it comes up as a pop up audio-

The Riverwalk is perhaps the most recent and visible use of VPMS at The Washington Navy Yard (WNY). On April 1, the gated path bordering the Anacostia River at WNY opened to the public with limited access. The wireless security system based at the perimeter gates manage who can gain access to the Washington Navy Yard

"Many folks will be able to use Riverwalk because of the wireless self registry process," said Michael Reid, Operations Antiterrorism Headquarters Program Director for the Naval District Washington.

According to Reid, systems such as the NPACS also

helps the Navy save money in labor costs.
"Before NPACS, we couldn't have opened those gates without spending an exorbitant amount of money.

The Riverwalk had been closed to the public for security reasons, now wireless security protected turnstiles mean common access card (CAC) holders can use secured perimeter gates by swiping their cards. This automated security feature is called the Navy Physical Access Control System (NPACS).

'We were the first Navy base to test the technology for the NPACS and we're the first deployment site," said John-

The successful execution of exercises like Solid Curtain/Citadel Shield and preparation for Citadel Gale/ HURREX, also depend on the use of technological

During Solid Curtain/Citadel Shield, earlier this year, service members and civilians comprised a Battle Watch Team which manned the ROC, a high-tech war-room-like training center where Crisis Action Teams monitored events, responded to emergencies (or mock scenarios) and dispatched first responders.

'The Regional Operations Center at WNY and Emergency Operation Centers at each base are linked together with the NMCI Network and with the Public Safety Network," said Johnson. "The Public Safety Network is a secure network which hosts the C4I suite which we use for communication and interoperability between the commands, bases, the region and CNIC.

C4I stands for command, control, communications, computers and intelligence. The CNIC C4I suite is a web based secure portal NDW uses for communication and situational awareness of region-wide events. C4I allows users to post information about force protection conditions, post files, weather alerts and status of the bases. Users can also chat in a secure environment, NDW uses classified and unclassified versions of C4I.

Battle Watch and Crisis Action Team members inside

the ROC used C4I to keep abreast of exercise events during Solid Curtain/Citadel Shield.

Watch-standers in the ROC aren't the only ones who can use technology to stay abreast of an ever changing operational environment. NDW is also using some innovative mechanisms to keep those working and living on bases informed of emergencies and even things as simple as weather and traffic conditions.

During Solid Curtain/Citadel Shield, many people on Navy bases across the region became familiar with the alert "Exercise, Exercise, Exercise" heard on loudspeakers across the region via "Giant Voice," part of the Wide Area Alert Network (WAAN) mass notification system.

Meanwhile, the At Hoc software application on NMCI computers (the small purple globe in your system tray) notified NMCI users of key operational events or emergencies. The alerts were sent directly to the users desktop (as a brightly colored pop-up graphic box with information) or as a text message on registered cell phones.

In the future, according to Reid, technological advances could even lead to less wait time at installation entry points.

'We're getting an increased capability in two phases – the avoidance of manpower costs and the vetting of the individuals credentials against an authoritative database," said Reid "Eventually you're going to be able to use your CAC, military or retiree identification card to get automated unimpeded access to those installations that you have entitlements to use.

Naval District Washington (NDW) is also implementing several technologies to reduce energy consumption. The Waterline will explore how NDW uses technology to conserve energy in next weeks issue.

More information on registering for phone, email or text alerts from the WAAN visit www.cnic.navy.mil/NDW/About/WAAN/index.htm

Troops to receive full mid-month pay April 15th

BY IIM GARAMONE AMERICAN FORCES PRESS SERVICE

4/11/2011 - WASHINGTON -- All service members will receive their full mid-month pay they have earned in their paychecks April 15, Pentagon officials said today.

Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April," Pentagon spokesman Marine Col. Dave Lapan said. "It may be in two separate payments, but on the 15th everyone will receive their full allotted pay.'

Confusion arose about the April 15 payday due to the threatened closure of the U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late April 8.

The Defense Finance and Accounting Service had posted "net pay advice" to some service members, telling them what to expect in their accounts.

"Those net pay advice statements were made ... before we knew there was an agreement to fund the government," Colonel Lapan said. "When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served and it may be in more than one deposit."

Officials urge service members to check their end-ofmonth leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts April

The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service members on the myPay website.

"The most-current advice of pay will still only show the partial payments for April 1-8," the finance service posted on its website. "This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts on the 15th.'

For more information, visit the myPay website at https://mypay.dfas.mil/mypay.aspx.

CLEANUP

■ Continued from Page 1

cleanup, while the Anacostia Watershed Society provided bags, gloves and t-shirts. The USO supplied volunteers with drinks and snacks.

"I was truly impressed by the turnout, especially with the weather being a little cold and grey," said 2nd Lt. Christopher Edlund, JBAB Public Works Department. "The cleanup was a great opportunity for all of us at the joint base to work together, making the shoreline cleaner and safer for all. I think the educational opportunity provided to many of the younger participants was very valuable as well. Teaching the next generations to take care of our river and our earth is something that will pay dividends in the future."

Potomac Watershed Cleanup coordinators worked in concert with hundreds of other volunteers around D.C., from the Alice Ferguson Foundation and the Anacostia Watershed Society, both of whom helped sponsor the cleanup this

To find out more about how to help keep the Potomac River clean, log on to the Alice Ferguson Foundation website at http://www.fergusonfoundation.org/ or the Anacostia Watershed Society's website at http://www.anacostiaws.org/.



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO)

Navy Capt. John Sears, Joint Base Anacostia-Bolling commander, makes opening remarks April 9 at the Potomac Watershed Cleanup.

Military Child of the Year 2011 nominee



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO)
Chief Master Sgt. Trae King, Joint Base Anacostia-Bolling senior enlisted leader, presents a Military Child of the Year 2011 nomination certificate to Hadiyyah Abdul-Jalaal

April 8 at the JBAB Youth Center gymnasium.

Award for best chili



(U.S. AIR FORCE PHOTO BY JOINT BASE ANACOSTIA-BOLLING MORALE WELFARE AND RECREATION MARKETING) John Wasserman, Joint Base Anacostia-Bolling Capital Cove Marina manager, presents an award for best chili to Patricia Botkins, Warfighter and Family Services, April 9 at the Slip Inn following the Potomac Watershed Cleanup.

USAF Court of Criminal Appeals closes doors on high note

SENIOR AIRMAN SUSAN MORENO
JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

The U.S. Air Force Court of Criminal Appeals held its last official court session April 6 when 70 brand new judge advocates were sworn in by Col. Barbara G. Brand, Chief Appelate Military Judge.

Following the swearing in ceremony, the court remained in session for a question-and-answer session. Colonel Brand; Col. William E. Orr, Jr., Senior Appellate Military Judge; Col. Ronald A. Gregory, Senior Appellate Military Judge; and Col. J. Bradley Roan, Appellate Military Judge, spoke at length about their own careers in military law and reminisced about having been sworn in to practice law in the very same court room many years earlier.

The appellate court, which serves as a 'last chance' for members accused of crimes for which they would receive a punitive discharge, be confined for more than one year, or put to death by special or general courts martial, closed its doors after 38 years. It is the highest court in the Air Force.

The U.S. Air Force Court of Criminal Appeals will be relocated to Joint Base Andrews as part of the Base Realignment and Closure initiative. The move from JBAB to Andrews is scheduled for April 20, and the court is slated to be re-open May 1.

The space that the courtroom now occupies is set to be converted into office space.



II S AIR FORCE PHOTOS RY SENIOR AIRMAN SIISAN MORENO)

Col. Barbara G. Brand, U.S. Air Force Court of Appeals Chief Appellate Military Judge, swears in a class of brand new Judge Advocate Generals (JAGs) April 7 at the U.S. Air Force Court of Appeals at Joint Base Anacostia-Bolling. It was the final court session that will be held at the JBAB location until the new courtroom is relocated to Joint Base Andrews. The new courtroom is set to open May 1.



MWR at a glance



(U.S. AIR FORCE PHOTO COURTESY JOINT BASE ANACOSTIA-BOLLING MORALE, WELFARE
AND RECREATION MARKETING)

Paul Ogata entertains the lunchtime crowd at the Bolling Club April 12 in a Comics on Duty performance.

ARTS & CRAFTS CENTER

BLDG. 4472 202-767-4422

WOOD CRAFTER WANTED!

The JBAB Arts and Crafts Center is looking for an experienced woodcrafter to run the wood shop. Please apply at the human resources office in Building 12. Call for more information at 202.767.5206.

INFORMATION, TICKETS & TOURS (ITT)

Bldg. 4472 (Arts & Crafts Center) 202-404-6576 Open Tuesday-Saturday 9am-6pm

ATLANTIC CITY TRIP

April 23 | 8 a.m.-10 p.m. | \$38.75

Bus will depart from Fitness Center II, Bldg. 419 parking lot at 8 a.m. Bus will arrive at the Resorts Casino at noon. Bus will depart from Atlantic City at 6 p.m. and arrive at base at 10 p.m. Customer will receive \$22 casino credit.

RICHMOND INTERNATIONAL RACEWAY MILITARY APPRECIATION

Go to their website www.rir.com/salute and click on the Joint Base Anacostia-Bolling link to purchase tickets for Friday, April 29—the Bubba Burger 250 NASCAR Series Race. General admission is \$23 (\$7 savings) and kids under 12 years of age are admitted free of charge with a ticketed adult.

Tickets for Saturday, April 30, the Crown Royal Matthew & Daniel Hansen 400 NASCAR Series Race, are also available. Prices start at \$45, including admission and a Pre-Race Pit Pass.

KINGS DOMINION SEASON PASSES

Your 2011 Kings Dominion VIP Season Passes are now on sale at the JBAB ITT office! Passes are \$69, which includes free parking at the park.

D.C. UNITED HOME GAME TICKETS

Pre-purchase 2011 D.C. United Home Game Tickets at the ITT Office. Tickets must be purchased five business days prior to the game date. Tickets will be available for pick-up at the stadium will call booth. Prices Include: Mezzanine - \$45.50 (regular \$52+tax) VIP - \$34.75 (regular \$42+tax) Premium - \$26 (regular \$32+tax) Spectator - \$20.75 (regular \$23+tax)

Ask your ITT representative for more information on season ticket packages as well.

DISNEY MILITARY PROMOTION

Offer good through Sept. 28

You can now pre-purchase 4-Day Park Hopper or 4-Day Base with Water Park for \$135.50 (regular price \$304.59), or a 4-Day Park Hopper with water park for \$162 (regular price \$362.10).

Tickets may NOT be used on the following dates: April 17-23, and July 4 at Magic Kingdom only.

Ticket orders may take up to 15 business days.

POTOMAC LANES

Bldg. 1310 202-563-1702

DOLLAR SUNDAYS

Warm up at the Potomac Lanes every Sunday and enjoy discounted bowling from noon-4 p.m. for only \$1 per game per person. Shoe rental not included.

UNLIMITED COSMIC BOWLING

For an out-of-this-world bowling experience, there's nothing quite like cosmic bowling. Enjoy the futuristic sensation when we turn down the lights and fire up the cosmic show every Saturday after 6 p.m. There are dancing lights, hot music, glow-in-the-dark bowling lanes and pins! DJ Chris will be spinning the tunes from 7-11 p.m. Only \$20 per person & shoe rental is included!

See MWR, Page 8

JNOTES

Miscellaneous items related to your health, your career, your life and your community

JBAB Exchange offers Sears home delivery

The Joint Base Anacostia-Bolling (JBAB) Exchange now offers convenient delivery and set-up from Sears Blue Service Crew on appliances, electronics, furniture, outdoor living items and sporting goods. Sears Blue Service Crew offers a professional uniform delivery team with a fast delivery network and next-day delivery on most in-stock items purchased before 3 p.m. Haul-away services are also offered. The Exchange offers the Military Star, Take It Home Today, and Exchange Protection programs to help finance and protect your purchases. Ask a Sales Associate for more details.

Attention Wiccans and Pagans

The open circle that meets at 5:30 p.m. every Thursday at the Chapel 2 Annex is now officially sponsored by the Sacred Well Congregation. For more information, e-mail literatahurley@gmail.com, or stop by.

Lifeguards needed for JBAB

Lifeguards, Lead Lifeguards and water safety instructors are needed for

Joint Base Anacostia-Bolling. Visit our website at www.cnic.navy.mil/ndw/About/Jobs/ for job description, salary and how to apply.

AAFES Starbucks now accepts Starbucks cards

Starbucks now offers the Starbucks card and has a new rewards program. Join My Starbucks Rewards by registering any card at www.starbucks.com/rewards and use it to pay for coffee and treats, and watch you rewards grow. There are three different levels of rewards available, each offering a variety of incentives, including free drinks. Set up your card with auto-reload and guarantee your Star-earning power.

Flu shot reminder

Flu shots available from 7:30 a.m. to 4 p.m. at the Joint Base Anacostia-Bolling Clinic.

Self-help cameras at JBAB Public Affairs

Self-help cameras are available at JBAB Public Affairs. For more informa-

tion or to sign out a camera, call 202-767-4781 or stop by Bldg P-20 Suite

Save the date!

The Air Force District of Washington Annual Awards Ceremony is April 29 at the Bolling Club. Cocktails will be served at 6 p.m. and dinner will begin at 7 p.m. Military members should wear mess-dress or semi-formal attire, while civilians should wear formal attire. The theme for the event is "Commitment to Excellence... Dedication to Service... Recognition of Airmen." For more information, contact Master Sgt. Lisa Thomas at 240-857-1533.

Visit AAFES on Facebook for more ways to save

Authorized fans of the AAFES Facebook page will soon have a chance take part in several upcoming events.

From March 23-April 27, AAFES Facebook fans will have a chance to tell us why they should win a wardrobe makeover. Facebook fans can upload a video or photo explaining why they need a wardrobe makeover for a chance to win a \$500 wardrobe makeover. The wardrobe makeover provided by the Exchange and sponsored by Junction West; R & R Casuals; Big Sky Outfitters; Decoded; Gumballs; JW Passports; PBX Basics and PBX Pro.

To stay informed about online savings promotions and receive exclusive coupons, join our online savings club, become a fan on Facebook, or visit www.shopmyexchange.com.

MWR

■ Continued from Page 7

LIBERTY CENTER

Bldg. 72

Now Open: noon-10 p.m. every day!

202-685-1802

Eligible Patrons: E1-E6 Single/Unaccompanied Active Duty Military

INFO NIGHT: MILK DOES A BODY GOOD

April 19 | All Day | Liberty Center

Milk isn't just a great ingredient to put in some of your favorites foods and drinks, but it is also a healthy choice of beverage. Come to the Liberty Center tonight to find out the history of milk, fun facts and why it is essential for your everyday health.

TOURNAMENT NIGHT

April 21 | 6 p.m. | Liberty Center

For this month's tournament night we are changing it up! Get your game face on and enjoy a night at the Liberty Center, Liberty style! Food, games and awards will be provided.

LET'S GO TO THE MOVIES

April 22 | 6 p.m. | FREE

Join Liberty tonight as we take you to the AMC Hoffman Theater for a free movie. We must have a minimum of five Liberty participants and a maximum of 10 for the trip to go.

LIBERTY EASTER BRUNCH

April 24 | noon | Liberty Center

Come to the Liberty Center and enjoy a delicious and FREE Easter brunch!

LIBERTY PASSPORT EXCURSION: A TASTE OF THAI April 28 | 6 p.m. | Thai Chili Restaurant

Join Liberty tonight as we head to Thai Chili Restaurant in Gallery Place, D.C., to enjoy some great Thai food. The first eight participants are free! There is a maximum of 10 participants for this trip.

JBAB Lent/Holy Week Schedule

Catholic

April 15

Reconciliation Service, Chapel Center, 6 p.m.

April 16

Mass, Chapel Center,5 p.m.

Seder Blessing, Chapel Center, 6 p.m.

Palm Sunday - April 17

Mass, Chapel Center, 9:30 a.m.

Holy Thursday - April 21

Mass of the Lord's Supper, Chapel Center, 6 p.m. Eucharistic Adoration, Blessed Sacrament Room, 7:30 p.m.

Good Friday - April 22

Stations of the Cross, Chapel Two, noon

The Lord's Passion, Chapel Center, 6 p.m.

Holy Saturday - April 23

Easter Vigil Mass, Chapel Center, 8 p.m.

Easter Sunday - April 24

Mass, Chapel Center, 9:30 a.m.

Protestant

Thursdays thru April 21

Lenten Luncheons, Chapel Center 11:30 a.m.

Palm Sunday- April 17

Images of Christ Service, Chapel Two 10:45 a.m.

Gospel, Chapel Center 11:30

Good Friday- April 22

Chapel Two 6:30 a.m.

Easter Sunrise Service- April 24

Chapel Center 6:30 a.m.

Easter Sunday- April 24

Easter Egg Hunt, Chapel Two, 9:30 a.m.

Liturgical, Chapel Two 10:45 a.m.

Gospel Service, Chapel Center 11:30 a.m.

RELIGIOUS DIRECTORY

Non Denominational

Non Denominational

Non Denominational

CAMP SPRINGS COMMUNITY CHURCH

8040 Woodyard Rd., Clinton, MD • 301-868-3030

Dr. James Lowther, Pastor www.campspringschurch.com

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Wednesday: AWANA, Teen Clubs, Adult Prayer & Bible Study 7:00pm

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